

THE WELL CAFÉ

FUNCTIONAL SMOOTHIES

20 oz.

All sugar is 100% natural, Whole ingredients, No added sugars

Revive (10g protein) 🌱 🌱 13
unsweetened açai*, wild blueberry, strawberry*, banana, goji*, chia seed*, hemp seed*, almond butter*, housemade granola*, ceylon cinnamon*, housemade cashew milk*

Recover (27g protein) 🌱 14
banana, almond butter*, cacao*, cauliflower*, chaga*, MCT oil, vanilla grass-fed whey isolate, housemade cashew milk*

Clarity (7g protein) 🌱 🌱 13
mint*, cacao nib*, avocado, spinach*, medjool date*, banana, cauliflower*, lion's mane*, ginkgo biloba*, ginseng*, ceylon cinnamon*, housemade cashew milk*

Vitality (10g protein) 🌱 🌱 14
vanilla, almond butter*, medjool date*, banana, cauliflower*, flax*, maca*, cordyceps*, mucuna*, ceylon cinnamon*, housemade cold brew coffee, housemade cashew milk*

Refresh (5g protein) ● 13
spinach*, mango*, lime, ginger*, zucchini, avocado, orange*, local honey, chia seed*, cilantro*, coconut water*

Chill (6g protein) 🌱 🌱 16
blue spirulina, coconut yogurt*, young coconut*, banana, ashwagandha*, reishi*, housemade cashew milk*, layered over housemade chia seed pudding cbd* +3

Strawberry Shake (12oz) ● 🌱 9
strawberry*, banana, hemp and chia seed*, local honey, vegan french vanilla protein

BOOST BAR

Create your own pre or post workout boost.

Start by selecting your base:

filtered water,
coconut water* +2
oat milk +3
housemade cashew milk* +4
almond milk +2

Next, add in your preferred supplements, adaptogens & proteins listed below

Proteins

grass-fed vanilla whey isolate +2

vegan french vanilla +2

grass-fed collagen peptides +2.5

all proteins, adaptogens and supplements can be added to any functional smoothie

Adaptogens

cbd*+3

mct oil+1.5

bee pollen +1.5

flax* +1.5

ginseng* +1.5

tocos* 1.5

maca* +1.5

chia seed* +1.5

hemp seed* 1.5

mushroom blend* +2

ashwagandha* +1.5

mucuna pruriens* +1.5

ginkgo biloba* +1.5

camu camu* +1.5

activated charcoal +1.5

The Well-Approved Supplements

AG1 by Athletic Greens +5

GOODONYA Electrolytes & Minerals* +3.5

Thorne amino complex +2.5

Thorne glutamine +2

Thorne creatine +2

🌱 : contains nuts ● : vegetarian
* : organic 🌱 : vegan

the entire menu is free of gluten, soy, peanut, & refined sugar

DRINK WELL
LIVE WELL

COFFEE

milk options include housemade organic cashew*, organic whole milk*, organic half & half*, unsweetened almond, oat, and coconut milk*

Housemade Cold Brew 5
Espresso 4
Americano 4
Cappuccino 5
Latte 6
Everyday Dose Mushroom Coffee 4

TEA

Nekohama Matcha 7
"ceremonial grade"
Golden Milk Latte* 5
Chai Tea Latte* 6
Herbal Tumeric Tea* 4
Butterfly Pea Flower Tea 4
Green Tea 4
Black Tea 4

SPECIALTY

Vanilla Maca 8
housemade cold brew coffee, maca*, vanilla, coconut cream*, medjool date*, grass-fed collagen peptides, mct oil
Blue Matcha Latte 9
ceremonial grade matcha*, blue spirulina, housemade cashew milk*, vanilla, monk fruit
Strawberry Matcha Latte 9
ceremonial grade matcha*, housemade cashew milk*, strawberry*, maple*

~sweetener options~
monk fruit, stevia, maple syrup, local honey



THE WELL

The Well Cafe - Studio 3
501 brazos street
austin, tx 78701

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